



TRAIN THE TRAINER SMOKING PROGRAMS

The following are programs which you can teach others after you have been trained with the appropriate materials.

American Cancer Society (ACS)

Freshstart - Train the trainer behavior modification cessation program encourages group interaction.

Free for worksites and community settings. Call 888-ACS-OHIO (888-227-6446) for more information or visit www.acsworkplacesolutions.com

American Lung Association (ALA)

N.O.T. - Not On Tobacco youth cessation program.

Voluntary program that helps teens stop smoking.

<http://www.notontobacco.com/> or 1-800-LUNG-USA to find a Facilitator Training Workshop.

Ohio Dental Association (ODA)

Operation TACTIC (Teens Against Chewing Tobacco in the Community) - Program module designed for educators, dentists, and other health professionals to use as part of a curriculum or as a one-time program with youth, teens and adults.

Cost is \$52 plus tax and shipping. Contact the ODA at 614-486-2700 for more information.

ONLINE QUIT GUIDES & RESOURCES

American Cancer Society: Guide to Quitting Smoking

<http://www.cancer.org/Healthy/StayAwayfromTobacco/GuidetoQuittingSmoking/index>

American Heart Association

http://www.heart.org/HEARTORG/GettingHealthy/QuitSmoking/Quit-Smoking_UCM_001085_SubHomePage.jsp

American Lung Association

<http://www.lungusa.org/stop-smoking/how-to-quit/>

National Cancer Institute: Smokefree.gov

www.smokefree.gov

Smokefree QuitGuide Smartphone Application

National Alliance for Tobacco Cessation

<http://www.BecomeAnEx.org/>

American Academy of Family Physicians: Free Patient Education Materials

<http://www.aafp.org/online/en/home/clinical/publichealth/tobacco/resources.html>

This information is brought to you by the Tobacco-Free Collaborative (TFC). The TFC is a local coalition of organizations and individuals with the shared purpose of reducing tobacco use and its harm. The TFC focuses on efforts to address youth access and exposure to tobacco, public exposure to secondhand smoke and coordination of smoking cessation services to the public.

If you would like more information about the TFC, please contact:



c/o Columbus Public Health
240 Parsons Avenue
Columbus, OH 43215
Phone: (614)645-6055

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Smoking Cessation Services in Franklin County

Brought to you by...



FRANKLIN COUNTY SMOKING CESSATION SERVICES

AGENCY	PROGRAM	PROGRAM INFORMATION	COST	CONTACT
American Lung Association	Freedom From Smoking (online program also)	Eight-session behavior modification program for the workplace	Call for pricing. Basic version free at www.ffsonline.org .	614-279-1700
The Breathing Association	Refer to Tobacco Free for Life	Appointments at the Free Lung Health Clinic: At The Breathing Association: M/W 8:30am-2:30pm Mobile Medical Unit: T/TH 8:30am-2:30pm	Services are free to eligible individuals. Call for eligibility and appointment.	614-273-2843
Dublin Methodist Hospital (OhioHealth)	Freedom From Smoking (American Lung Association)	Eight-session interactive small group program offers a step-by-step process to quit smoking. Topics include medication, lifestyle changes, Quit Day, managing stress, avoiding weight gain, and staying smoke-free. Group and individual sessions for moms-to-be also available. Location: Dublin Methodist Hospital.	\$25 for 7 week/8 session program, workbook, and CD. Parking is free.	614-544-8338
Grant Health and Fitness Center (OhioHealth)	Smoking Cessation	Individual cessation sessions preparing the smoker to quit. Held at Grant Health and Fitness Center. Open to patients, employees, and the community.	Contact for pricing.	614-566-8272
Ohio Department of Health	Ohio Tobacco Quit Line	Tobacco cessation resource available free to uninsured individuals, Medicaid recipients, pregnant women, and members of the Tobacco Collaborative. Qualified callers are paired with an experienced quit specialist who designs a customized quit plan for them and provides support and motivation to quit. Some individuals may be eligible for free medication to help them quit.	Free for qualified individuals. Employers can join the Ohio Tobacco Collaborative to receive services for their employees.	1-800-QUIT-NOW (1-800-784-8669) To join the Ohio Tobacco Collaborative, call 614-466-8939.
The Ohio State University College of Pharmacy Clinical Partners Program	Be Smoke Free (tobacco cessation program)	Three individual in-person appointments with a pharmacist and three phone call follow-ups over a 3 month period. Pharmacists work with the patient's physicians to assist in getting the right medication for that patient and help them through the quit process with support and tips for overcoming potential barriers to quitting. Open to the public.	\$120 which can be paid in installments.	614-293-5075
The Ohio State University College of Dentistry	Tobacco Cessation Clinic	Clinic provides three individual counseling sessions and personal follow-up for those wishing to stop smoking or using any form of tobacco. Individuals may refer themselves or be referred by any health care professional.	\$150, payable at first visit.	614-292-1140
Total Wellness Concepts, LLC	Tobacco Free for Life	One-on-one and group counseling for both individuals and worksites.	Call for pricing. Community based programs are also free to those who qualify.	614-414-0249